

SWAN

SQUASH WA NEWSLETTER : MARCH 2023



**SPORT
WEST**
AWARDS 2022



HEALTHWAY HEALTHY CLUB AWARD
MIRRABOOKA SQUASH CLUB
SQUASH

Congratulations Mirrabooka Squash Club on receiving a Sport West Award. Nice to see the efforts of many volunteers recognised.

Congratulations to Remi Young and Olivia Lindsey on successfully staging another Red Hot Summer Teams Challenge. Love the new shirts!

If you would like to run a tournament or just improve your knowledge to run one better, I urge you to take advantage of the **Tournament Coordination Workshop** being offered by WA Squash **Sunday 2 April 2023 from 12.30pm to 2.00pm.**

If you would like to attend, please email info@wasquash.asn.au before **Monday 27 March 2023** to be added to the list of attendees.



Register your attendance NOW for the WA Squash Annual Awards Night:

<https://www.eventbrite.com.au/e/wa-squash-agm-and-2022-awards-night-tickets-568788380357>

Taking place at our shiny new state centre, we will celebrate the achievements of 2022 (and there were a LOT!), and announce the winners of the Coach, Referee, Junior and Volunteer of the Year.

Drinks and nibbles provided.

OUT NOW!



WA SQUASH SWAN ANNUAL 22



WORLD
RANKINGS

27 February 2023

PSA PLAYER:

Oscar Curtis

Mike Corren

David Ilich

Remi Young

Dylan Classen

Erin Classen

Pascale Louka

TM:

266

268

426

421

704

159

275

HWR:

251

38

210

394

630

130

250

TM: This Month
HWR: Highest World Ranking

2023 is proving to be an eventful year already, with much change and a number of new projects and initiatives in the pipeline.

To start with, the office and Board recognise the significant amount of work undertaken by volunteers, and the simple fact that we all have jobs, families, and other commitments that require our attention. Therefore, we are looking to have this workload reduced, and increase the level of direction and focus for all our committees and working groups.



Based on this, we will be dissolving the Country Development Council. In its place, a smaller 'working team' will be developed to assist with country events and initiatives. Staunch country squash supporters Ryan Callegari and Deb Hoffrichter are on board with this direction, and we are all keen to get this up and running.

Unfortunately, the Top 8 Shootout is not going to continue. After many hours of deliberation, liaising with players and stakeholders, WA Squash feel the time, effort and funds spent on this event for a few can be better spent on the larger squash community.

As this initiative holds some very positive outcomes, we believe it will return when we have more players, more interest and more funding.

Sue Hillier took on the role of WA Squash Head Coach, and Tim Cowell, Assistant Coach. Sue and Tim will coordinate and deliver all of WA Squash's coaching requirements which includes our new Talent Squad training sessions.

Sue and Tim provided valuable input, along with our Club Junior Coordinators, to refine our Junior Development Pathway, and will likewise do so with our coaches pathway.

Although their hours are currently very limited, their combined skills and experience are not, so we are looking forward to all the great things we will achieve this year.

Speaking of the Junior Development Pathway, we are absolutely thrilled to finally be in a position to launch this to all our Clubs in March. I've included a sneak peak, but more information will be sent out to Clubs in the coming weeks. See Page 5.

Further to the announcement of our new initiative to provide updates on member registrations per Club, here are the numbers as at 28 February 2023:

2023 Registered Players				
As at 28 February			2022 full year	
Club	Adult	Junior	Adult	Junior
Belmont	50	11	69	9
Blue Gum	83	9	82	21
Broome			77	4
Bunbury			51	2
Busselton			49	2
Cambridge	34		51	16
Dampier			24	2
East'n Goldfields			81	6
Esperance			100	6
Geraldton	3		59	7
Hilton	15		18	
Karratha			41	3
Katanning			29	3
Kensington	8		13	
Kununurra			73	6
Leschenault			39	9
Madd/Gosnells	8		12	10
Mandurah	6	1	63	9
Manjimup		3	25	2
Marmion	33	1	41	28
Mirrabooka	75	7	118	31
Moora			1	1
Narrogin			54	3
Scarborough	2		2	
Subi-Kings	3		5	
Tom Price			1	
Vic Park	6	3	89	17
Wickham			35	6
Wongan Hills			4	
Totals	326	35	1,306	203

...and speaking of juniors in general, we've just launched our annual **GoFundMe** campaign to help raise vital funds needed to send our state team over to Brisbane in late September for the Australian Junior Championships.

Funds raised will be used for expenses such as flights, accommodation, meals, uniforms, etc. Please consider making a contribution, no matter how big or small, as every dollar brings us that bit closer!!

<https://gofund.me/ee0e926b>



The WA Squash Annual Awards night and AGM is taking place at Belmont HQ on Friday 31 March 2023. I can't think of a better way to recognise and show appreciation for those who go above and beyond!

Nominations can now be submitted via the website here: <https://wasquash.com.au/wa-squash-annual-awards/> for all four categories: Volunteer of the Year, Coach of the Year, Referee of the Year, and Junior of the Year. All nominations are due by Friday 10 March 2023 at the very latest, otherwise they will not be considered.



Looking to play squash more often?

Pennant and League Competitions

7.00pm or 7.30pm start time, 3x 12-14 week seasons per year, home and away style, mixed or ladies competitions available, beginners welcome!

Current options are:

- Monday nights
- Tuesday nights
- Wednesday day
- Thursday nights

Can't play every week? Got holidays planned? A FIFO worker? No problem! Just let us know what dates you can't make and we'll work around it.

We are always in need of reserves, so you don't have to wait for the next season to start playing!

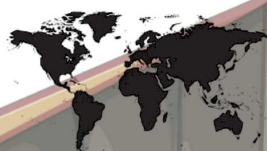
<https://wasquash.com.au/pennants-leagues/>

Scan here to find out more:



JUNIOR SQUASH DEVELOPMENT PATHWAY

WA Squash Academy,
National/International



WA Squash State Team



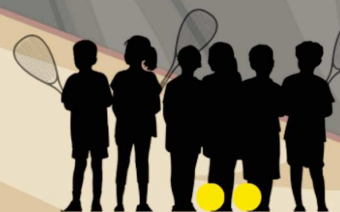
Events

- Tournament Tours
- School holiday clinics
- Squash-a-thon

WA Squash Talent Squad

Competition

- Pennants
- Tournaments
- National
- International



Club Development Squad

..or just for fun!



Junior Club Programs



Open Days



School Programs

WA
SQUASH



Department of
Local Government, Sport
and Cultural Industries

Your quick guide to squash events being held in WA in coming months:

2023: March to July

MAR	3 - 5	Esperance Open	Senior & PSA		Esperance
MAR	11	Marmion Junior Squash Classic	Junior		Squash Factory
MAR	24 - 26	South West Open	Senior		Bunbury
MAR	24 - 26	South West Open	Junior	Silver	Bunbury
APR	16	Masters Tussle	Masters		TBC
APR	21 - 23	Mandurah Open	Senior & Junior		Mandurah
APR	22 - 24	Australian Junior Open	Junior	Platinum	MSAC - VIC
MAY	5 - 7	Geraldton Open	Senior & Junior	Bronze	Geraldton
MAY	13 - 14	Hilton Classic	Masters		Hilton
MAY	19 - 21	Broome Invitational			Broome
MAY	20	Marmion Junior Team Challenge	Junior		Squash Factory
MAY	26 - 28	WA Open	Senior & PSA		Mirrabooka
MAY	27 - 28	HEAD Junior Classic (Ability)	Junior	Silver	Mirrabooka
JUN	2 - 4	Golden Open	Senior & PSA		Kalgoorlie
JUN	19 - 21	SouthWest Masters Teams Tournament	Masters		Busselton
JUN	27 - 28	Interschool Squash Competition	Junior		Mirrabooka
JUL	1 - 2	State Junior Championships (Aged Based)	Junior	Gold	TBC
JUL	3 - 4	State Junior Championships Teams Event	Junior	Gold	TBC
JUL	14 - 15	Cambridge Open	Senior		Cambridge
JUL	21 - 23	State Masters Championships	Masters		Mirrabooka



Please send your tournament poster to kim@squashmedia.com.au as soon as possible

*For a number of years, the Committee that governs **Mirrabooka Squash Club** have worked hard towards reducing unhealthy food and drink options at event canteens.*

After successfully applying for Fuel to Go & Play (FTGP) funding, the Club purchased a display fridge, bain marie and menu boards to enhance their ability to showcase better options to players and spectators. During tournaments they display bowls of fruit, sugar-free jelly cups, muesli slices, fruit/yoghurt/muesli cups and more so everyone that walks into the kitchen area sees these items first.



The Club worked with Healthway to improve their events menu, bringing the vast majority of menu items into the green or orange categories by making small changes to ingredients used. For example, pea and ham soup was changed to pumpkin soup due to the high salt content in ham.

FTGP Project Officer Alexa Whitehorn expressed in an email in February 2022, "Firstly, congratulations - it looks like you have made some really great changes to your menu! The notes you've provided on the menu assessment are comprehensive and I can see that you've been working hard." and "You've made some really outstanding improvements to what was already a great menu. This is really great work, it's so nice for me to work with people as enthusiastic about healthy food and drink as you!"



Working with Alexa, the Club's green items went from 60% to 91%, amber items remained at 5%, and red items went from 35% to only 4%. This demonstrated a genuine commitment to health and continuous improvement.

The Club also displays posters to educate players and spectators about how much sugar really is in sports drinks, soft drinks, etc., making better snack choices (eg. a banana instead of a cupcake), hand hygiene and more. They also ensure volunteers wear an apron and gloves at all times, and adhere to good handwashing practices. The free online FTGP healthy canteen training was offered to everyone who volunteers in the kitchen. Three people completed it and hold certificates. The Club achieved Level 1 accreditation in the FTGP Accreditation Program in May this year and Alexa attended to present the certificate in person.

The Club runs a junior program during school term every Thursday afternoon from 4pm to 6pm for children aged 8+, as well as a unique 4-7 year olds program. At 5.15pm both groups stop for a water break (children are provided with full FTGP-branded water bottles if they forget their own that they can take home afterwards) as well as fresh fruit which a volunteer purchases and beautifully arranges on platters for the children to enjoy. Coaches talk about healthy food and drink options for the kids to play at their very best, with a special focus on the importance of hydration.

There are a wide variety of options that people can get involved in at the Club, from an in-house competition on Wednesday evenings, pennant competition on Mondays and Tuesdays, King of the Court sessions on Tuesdays and Fridays, Saturday Social and general coaching groups for beginners.

At the end of 2021 the Club became an official partner of Act Belong Commit (ABC), demonstrating a commitment to the mental health and wellbeing of all. The Club has a range of ABC resources and freebies available for players and spectators such as posters, brochures, mindfulness colouring-in sheets, water bottles, tote bags, magnets and more. The Club also promotes volunteering and asks for anyone and everyone to come and help out for an hour or so which helps to foster our community spirit.

In 2022 the Club also signed up for Sport Australia's Game Plan. As a Committee they sat together over many hours and went through all the strengths and weaknesses and identified some important gaps that needed to be filled such as the absence of formal policies relating to child safety, health and well-being, inclusion, and more. These items were delegated out to Committee members to work on and are continuously monitored.

For the above reasons WA Squash are genuinely proud to nominate Mirrabooka Squash Club for this award, in recognition of the hard work they have undertaken, for the betterment of the sport and all who enjoy it!





Now that the State Grade Pennant competition is well underway, we thought you might like to get to know the players who are competing in the state's highest level competition. We start off with Aedan Martin from Cambridge Squash Club, Craig Jones and Remi Young from Mirrabooka Squash Club, and David Beattie from Belmont Saints Squash Club.

Remi and Aiden were both born overseas – Remi in Haarlem, Netherlands, and Aedan in Harare, Zimbabwe. David was born much closer in Sydney, moving to Perth roughly 15 years ago, and while Craig was born in Perth, he grew up in Tennant Creek, Northern Territory.

We asked the gentlemen **how they first got into squash.**



Remi's parents first took him down to our very own Squash Factory when he was a mere six years old. They were there to watch an exhibition match featuring none other than former world no. 1 David Palmer. Remi was in total awe of the speed and power of the game, and has been in love ever since!

David was exposed to squash when he was roughly 12 years of age. His father had been playing or sometime, and David asked if they could play together. David's father then continued to coach him for many years. This combined with playing at a very strong Club, helped David to improve quite quickly.



Craig shared, "I never saw a squash court until I was 12. I played socially as a junior with friends on Friday nights, and soon found myself playing A-Grade with the men. I played representative squash as a junior until I broke my ankle playing baseball at Uni in Victoria, which put an end to that for a little while." When Craig moved back to Perth in 2015, he soon found himself back on the squash court.

Aedan shared, "I got into squash following in the footsteps of my dad. I played every Saturday with mates until it became a passion. I've been playing for 12 years now."

What does a typical week look like for a State Grader?

Remi typically trains in some capacity everyday, "I play squash 5-6 days a week, go to the gym 4-5 days a week, as well as extra training such as running or ghosting 2-3 times."

David practices twice a week and plays competitively once. Running a business has meant less time for squash unfortunately!

Due to heavy work and study commitments, **Aedan** and **Craig** are only able to play once or twice a week but exercise as much as possible outside of squash to keep themselves fit.





We next asked **what they all love the most about squash.**

Remi shared, “I love the community around squash and how well everyone gets along. But within the game I love the variety of game styles you can come up against, and variations of shots you can play that can make every match, game, and point unique!”

David loves, “how fit it keeps you and the mateship that can develop in the right team.” The thing

Craig loves most about squash is that it's a “social game with like-minded people. You can be intense for a period of time (physically and emotionally), and then relax a bit afterwards. It's a fun, enjoyable game with a high level of skill required that keeps you fit and active.”

Aedan loves the fact that “win or lose it's always a fiery game, played with extreme intensity – putting it all on the line. Also, unlike tennis you can hit the ball as hard as you can as often as you want.”

Finally, we asked **what advice the gentlemen would impart to a junior currently travelling along the development pathway.**

Remi encourages our up and coming juniors to, “be competitive but never forget to have fun. Win or lose you have to enjoy what your doing to get the most out of it.”

David said to try and “play the old guys whenever you can – there is always something you can pick up about the game that is not necessarily 'out of the book'. Some call it experience!!”

Craig said, “Firstly, continue to enjoy the game and not burn yourself out. Secondly, you can take the game as far as you want; results will come with effort and hard work. I thoroughly enjoyed competing against older and experienced players and beating them when I was a junior coming through the ranks. Now that I'm on the other side of the fence, I try not to let that happen! Although secretly I do enjoy seeing that occur.”

Aedan simply shared, “just love the game!! When you love the game you'll play it forever.”

Great advice guys. Thank you so much for your time – and best luck for the season!





WA
SQUASH

2023 WA OPEN PSA SATELLITE

AND HEAD JUNIOR CLASSIC (SILVER)



26–28 MAY 2023

@ SQUASHWORLD MIRRABOOKA

**SIGN UP NOW VIA
SPORTYHQ**

HEAD





Thanks Remi Young. The Red Hot Summer Teams Challenge took place for the second time on February 10th-12th 2023, with a fun-filled weekend in store. The tournament organisers, myself and Olivia Lindsey, had endeavoured to make the tournament's second rendition an even greater success than the first, as we introduced a new under-800 adults division to go along with the pre-existing 1400+, 1100-1400, 800-1100 and under-800 junior divisions. This bumped the total number of players up from 64 to 77!

Another addition to this year's event was tournament shirts. With their simple yet sleek design, the players loved them, and have even been spotted wearing them around since! It was all set to be a memorable weekend. The teams were made and in perfect balance as all teams total SportyHQ points were within 200 points. This balance was also seen in the first round as the top 2 seeded teams were knocked out in the first round! The first night gave the players a taste of what was to come, and with two matches each coming up the next day, they went home to recover.



Saturday's matches were gruelling, with many going down to the wire, separated by just one game! Many matches went the distance, with a tie breaker in the 5th game not uncommon. Players were able to fuel up with the sausage sizzle hosted by Daniel Richardson and Brad Grinter – thanks, guys! By the end of the day, the finals matchup had been decided; Luke Jamieson's "Summer 23" against Sam Brookes' "Red Hot Summer". Who would win?

First up were the juniors, Abby Barnes and Lucas Curry. Young Lucas stormed into a 2-0 game lead, before Abby clawed one back to keep the match alive. However, Lucas was able to win the 4th and claim the first victory for "Summer 23".



Next up were the #4s **Onnie Biswas** and Brandon Kitt. Both players were undefeated up to this point, but someone's 0 had to go. Brandon went 2-0 up after a tight first game win 11-9, before Onnie won the 3rd to stay in it. Onnie found himself 10-6 down in the 4th, but managed to fight back to 10-10, before going down 12-10; a great match from both players.

The 3rd match was the #1s **Luke Jamieson** and Sam Brookes. Jamo had been drafted into his team late on, but had been instrumental in getting his team through to the final, with vital games won against higher ranked players such as the mighty Kane Fasolo. He was able to pull out a big win in this tie after scraping through the first game 14-12, giving the second up rather easily, but then storming through the next 2 games to complete a 3-1 win for "Summer 23".

The penultimate match saw #2s **Michaela Pratt** and Quentin Gallot go head to head. All games were close and well fought, but Quentin was able to come out on top in all 3 for a much needed 3-0 win for "Red Hot Summer", meaning the result of the tie came down to the final match.

The #3s Olivia Lindsey and Dale Ramage would do battle for the Red Hot Summer Teams 2023 crown. Olivia had had a very gruelling tournament, with many close matches. Games were close throughout, but **Dale "Rambo" Ramage** was able to just about take each game for a 3-0 win and claim victory for "Summer 23"!

After the winners had received their prizes, awards were also given to those individuals who, across the weekend, had shown great sportsmanship and were therefore deserving of a best and fairest award. The Pam Addison award for junior sportsmanship was given to **Ashton Clement**, with Josie Jones as the runner-up. The Kane Fasolo award was given to **Christine Reston**, with Ben Briggs as the runner-up. All well deserving award winners!

A big thank you to Clive Pollard for refereeing the final at short notice; a job well done. A big thank you as always to Kane Fasolo and the Squashworld team for allowing Mirrabooka Squash Club to host such a great tournament. Thank you to all the players for supporting the vision of this tournament in bringing players from all different parts of the squash community together.

Thank you to Gabby Newbery for creating the design for the shirts and to Ryan Callegari for help with supplying them. Lastly, thank you to Olivia Lindsey and Louise Jamieson for their help in making this tournament a success once again. Hoping to make next year even better!



We are delighted to showcase the rather marvellous **Blue Gum Squash Club** this month! Blue Gum Squash Club is based out of Squashworld Brentwood, which recently changed hands from the Kane/Simmo dynasty, over to squash legend and part-time comedian (have you seen his Facebook posts?!) ... Mike 'Moose' Corren.

We first asked them what makes their Club the best in Western Australia.

"Our Club is a hub for all squash enthusiasts of all age and skill levels. Whether you're a seasoned player or new to the game, we have something for everyone. Our top-notch facilities include eight hard back courts that are regularly maintained to ensure our players have a great playing experience. Blue Gum Squash Club is based out of Squashworld Brentwood, which is stocked with the latest rackets, shoes and accessories, and even includes a re-stringing service.

But it's not just about playing squash at Blue Gum, we also have a spacious social area where players can socialise, enjoy a drink, and have a chat. Our Thursday night in-house competition regularly has over 50 players with many staying for supper and a few drinks after their match – this is what Blue Gum is all about!"

There is a range of programs and squash events on offer throughout the year, from social leagues and tournaments to junior programs and coaching clinics. Some highlights include:

- The West Coast Open
- Blue Gum Doubles Tournament started this year in February
- Annual Golf Day
- Annual Quiz night in July
- Club Championships – singles and doubles in September
- Blue Gum Annual Awards Night in October



We asked the team who their MVPs are, about whom they proudly beamed.

"**Mike Corren** needs no introduction as one of Australia's most successful squash players. He reached a career-high world ranking of world #38 and now owns and runs Brentwood Squash World. Mike regularly runs training and round robin events, and this is your chance to play against a former top 50 PSA player!

Hannah Slyth is a junior at our club and has recently been selected to play for Australia in the Junior World Championships. Check out this video of Hannah as she geared up to play in the world champs - <https://fb.watch/iSNtxM4ImO/>.



Steven Jones has been the President of the Blue Gum Squash Club for the last 9 years and has been the life blood of the club. As well as competing in Tuesday night pennants, Steve also runs the Thursday night in-house comp and has organised the clubs volunteer and fundraising activities.

Blue Gum Squash Club is run by volunteers – our current committee are working hard on fundraising opportunities, upgrading club amenities, and arranging social events for our members to ensure Blue Gum remains the best club in WA!" They were excited to share that they are currently fundraising to upgrade the front walls of their courts. Their first fundraising event is a Bunnings sausage sizzle on Saturday 25 March 2023 at the Melville store. Make sure you swing by for a tasty snack and to say G'day to the crew!



They're also in need of more volunteers to assist with their junior program, which sees a whopping 40 juniors coming through their doors each week. If you can help out for an hour or two on Mondays from 4pm, please reach out to them via committee@bluegumsquash.org.

I think you'd agree that Clubs are nothing without their members and sponsors, so here's a big shout out to the legends who continue to support their club:

- Vince Perth Hills Accommodation <https://www.perthhillsaccommodation.com.au>
- Phil Scott & Associates <http://www.scotteng.com.au/>
- Hadden Slab & Garden City <http://www.slabandgardencity.com.au/>
- Frank 2B Chauffeured <https://2bchauffeured.com.au/>
- Frank Frank's Lawnmowing Services <https://www.facebook.com/frankslawnmowingservices/>
- Mike Adept Building Services <https://www.adeptbuilding.net.au/>
- Kane The Racquet Shop <https://racquetshop.com.au/>
- Ryan Pritchard Francis <https://www.pfeng.com.au/>
- Craig Lumen IT <https://www.lumenit.com.au/>

... and what does a typical week look like at Blue Gum?

- Monday: Junior clinic and coaching (4:00 to 5:30pm), Ladies Monday Night League
- Tuesday: Pennants – Mixed and Ladies
- Wednesday: Day League, In-house round robin from 7:30pm
- Thursday: State Grade Pennants, Juniors gameplay (4:00 to 5:00pm), Thursday in-house competition from 7pm to late.
- Friday: Masters squash from 7:00pm
- Saturday: Social squash with Mike Corren and Dave Ilich (10:30am to 12:00pm)
- Sunday: Group Training with Mike Corren (3:30pm to 5:00pm)

On a final and very lovely note they shared, "As a club we are more than just a place to play squash. We're a community-focused club that values inclusivity and camaraderie. Our members come from all walks of life and we're proud to offer a friendly and welcoming experience for everybody."

Thank you so much for chatting with us team. Keep up the fabulous work and keep those Facebook posts coming!





Annual Awards Night and AGM

Nominations have been coming in thick and fast for the 2022 WA Squash Awards! What better way to recognise and show appreciation for those who go above and beyond? Click here to be taken to the new Annual Awards area of the WA Squash website: <https://wasquash.com.au/wa-squash-annual-awards/>



The event will take place on Friday 31 March 2023, straight after the Annual General Meeting, for which we're also inviting nominations for Board positions. Forms are also now online here: <https://wasquash.com.au/board/>.

Tournament Tour: South West Open

WA Squash has just launched our first ever 'Tournament Tour' for juniors!

Eight places are available to juniors in a 'first in best dressed' capacity, with preference given to juniors from country clubs (providing they are affiliated with WA Squash).

Parents/caregivers will be required to pay a package fee which includes all meals, accommodation, and fuel. Meals will include breakfast, a canteen item for lunch (ie. toastie or hot meal), and dinner. Fees will not include tournament registration – parents must register their child/ren in the division/s they would like to play in. The fee for the South West Open per child, is \$230. This is a Silver-rated AJST event so juniors will gain national ranking points!



Tournament Tour for Juniors

South West Open: 24–26 March 2023

Expressions of Interest OPEN NOW

Only 8 spots available!

Email info@wasquash.asn.au



PROUDLY PRESENTS

2023 MARMION JUNIOR CLASSIC

Abilities Based Junior Tournament
PLUS "Classic Cup Doubles"
(Saturday afternoon after the individuals)

11th MARCH 2023

Enter via Sporty HQ

ENTRIES CLOSE 8:00pm TUESDAY 7th MARCH 2023

No late entries will be accepted

Tournament Director: Sue Cowell

Enquiries: Sue Cowell on 0416 082 778 or sjcowell@hotmail.com

SQUASH FACTORY

18 Garino Rise, Wangara

MIRRABOOKA AND MARMION SQUASH CLUBS PRESENT:

THE NORTHERN KNOCK OUT



**9AM-4PM,
WEDNESDAY 12 APRIL 2023**

OPEN TO REGISTRATIONS FROM JUNIORS OF ALL AGES AND ABILITIES FROM THE TWO NORTHERN NICKS ZONE CLUBS - MIRRABOOKA AND MARMION.

EACH PLAYER WILL HAVE 2 OR 3 PARTIAL BEST OF 5 MATCHES, THEN A KNOCK OUT FORMAT DOUBLES TABLE TENNIS TOURNAMENT!

COST: \$20 (INCLUDES HEALTHY MORNING TEA AND LUNCH, PRIZES AND SPORTSMANSHIP AWARDS).

REGISTER VIA SPORTYHQ HERE:

[HTTPS://WWW2.SPORTYHQ.COM/TOURNAMENT/VIEW/THE-NORTHERN-KNOCK-OUT-JUNIOR](https://www2.sportyhq.com/tournament/view/the-northern-knock-out-junior)

EACH YEAR THE LOCATION OF THIS TOURNAMENT WILL ALTERNATE BETWEEN MIRRABOOKA AND MARMION BUT WILL KICK OFF IN 2023 AT MIRRABOOKA.

2023

TOPCOAT'S SOUTH WEST OPEN 24-26 MARCH

SILVER AJST

24 - 26 March 2023 • South West Sports Centre

\$35 entry fee. Prize money for all divisions.
Guaranteed 3 matches. Saturday night function.
Register via sportyHQ or contact Brad Grinter
0419 316 866 / ASCBunburysquash@gmail.com
[#bunburysquashclubwa](https://www.facebook.com/bunburysquashclubwa)

TOP COAT PAINTING
harcher delivered together
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Amol Agrawal 0435 040 586



LEISURE LIFE

Ladies social squash coaching



9-10am Fridays



\$10 per person



Coaching by triple World
Champion, Sue Hillier

Book online at victoriapark.wa.gov.au/squash

Changing your Approach to 'Closed Drills'

As far as individual sports go, squash can be quite complex, especially at the top level. When comparing to the other racquet sports (particularly tennis and badminton) squash players don't always have a view of their opponent when playing a shot, they could be behind us, to the side of us, or standing in the corner they just hit the ball from, too exhausted to want to recover!



So what has closed drills got to do with this? Closed drills (boast and drive, drop and drive) can be a good starting point as a warm up, or to quickly focus on some technical things, but it doesn't challenge us in our ability to read our opponent and anticipate what they are going to play next. This is where the classic 'boast and drive' drill can be done quite poorly, to the point where it is almost a waste of time. Whilst in a closed drill state, players should be focussing on their movement to and from the ball, tying this in with good racquet preparation and position on the ball. You could add some scoring to it, which might motivate players more, or you could start to add some options to it to challenge our perception and court awareness.

If the player at the front can now hit straight or cross, the player at the back can't just walk along the back wall retrieving shots, or standing in the corner waiting for the ball in case it goes the other way. The player at the back could then be given a drop shot option as well to keep the player in front honest.

Or if you want to challenge movement in a different way, give the player at the front an option to play a drop shot, or the player at the back an option to drive, now you have a really challenging open drill, which is more like how the game is played - open skill.

Hopefully then we see an improvement in:

Movement to the ball and recovery back to the T

Technique - better racquet preparation and stance to allow for more natural deception

Perception - Observing your opponent and seeing what their possible shots are

Fitness! - Being forced to change directions quickly is a lot more taxing on the body than continuous movements, so expect to see some improvement in cardio and physical strength.

If you are a coach working with a new player, adding in some simple variations to your feeding will help them to improve their movement, ball tracking and understanding of the game much quicker than spending too long in a closed routine. Or if you are a club player doing some routines and looking for some fresh ideas, throw these options in and see how you go!

NOTICE

Tournament Coordination Workshop – Sunday 2 April 2023 from 12.30pm to 2.00pm.

We all love a fun tourney weekend, but have you ever wondered what goes on behind the scenes? WA Squash is hosting a workshop for anyone who is interested in learning the basic principles of coordinating a tournament at club-level. This informal and interactive workshop, facilitated by tournament-extraordinaire Luke Jamieson, will take place straight after junior pennants at Belmont on Sunday 2 April. If you would like to attend, please email info@wasquash.asn.au before Monday 27 March 2023 to let us know.

It's very fortunate that, in times like these, we Masters squash players can get on with our sport and continue with our pennants, tournaments and social gatherings. It provides a focus and a familiarity, something we all need in these uncertain times, even while everything is returning to more familiar ground. And it was terrific that Masters was again able to begin the 2022 Masters Squash year with a favourite tournament – the Battle of Belmont.

The Battle of Belmont

The tournament attracted a good number of participants this year (always room for more, though), with both the ambient temperature and the competition proving pretty hot on the night. Masters are trying new tournament formats in order to keep games flowing and to facilitate the competition component to conclude at a reasonable hour (allowing time for the all-important social part of the evening).

The change-up this year was that each team was placed in either an A group or a B group, then each A team was secretly partnered to a B team. Each paired team's scores were combined at the end of play, and the paired team (A or B) that finished with the highest number of aggregated points won the night, with prizes given to winners and runners up.

This format worked well. It provides for a more even playing field when numbers are slightly down, making competitive match-ups a bit more challenging to organise. Everyone thoroughly enjoyed the event, and plenty of time remained for all to partake in the very welcome chicken and salad supper that was served at the conclusion of the prize-giving. There was also plenty of the evening left for winners, runners up and others to celebrate or commiserate over a few well-deserved drinks, and to catch up with old and new Masters friends. Thanks to the Committee for organising this different format. It made the 'fun' teams challenge tournament more enigmatic, with everyone trying to guess who they were teamed with.



Winners: Shaun Billowes, Rob Sebeh, Helen Coyle, Nikki McCullough, Moya Credaro. Di Cook

Runners up: George Reid, AJ Bass, Alison Williams, Sue Campbell, Chris Reston, Peter Rinaldi, Ann Bannister

Encouragement Award: Ryan Eaton

Next up: 2023 Esperance Open – 3-5 March 2023

Venue: Esperance Squash Club ... This event includes Masters categories.

While we are used to heading on down to Busselton on this long weekend, the decision was taken to hold the Busselton PSA tournament later in the year in order to avoid clashing with the Esperance Open. The Esperance Open is a Closed event, and for the first time includes Masters divisions. It'll be a great opportunity to have some

The Busselton Masters Tournament will be held in Busselton this year at the Sebel Resort from 23 – 25 June. Sebel Resort Busselton are offering free tournament entry to out of towners who choose to stay at the Resort. Please help Busselton Squash by attending this event. Contact Warren on 0422 598 093 if you would like more information about the event.

Dates to remember

Hilton Classic: 13-14 May

WA Masters State Championships: 21-23 July

2023 AUSTRALIAN MASTERS GAMES: ADELAIDE 7-14 October

2023 AMSA CHAMPIONSHIPS: 4-15 SEPTEMBER

Final Note

Stay involved with Masters on a weekly basis by joining the Friday Night Masters comp. It's a great night of competitive squash and also a good opportunity to catch up with your Masters mates over a couple of drinks and a delicious supper. Hope to see you all at Belmont Squash Centre for FNM very soon. Let's help to keep WA Masters thriving.

To get involved, either as your first time, or as a returning Friday Night Masters player, please contact Kane on 0421 490 799, or email on master@squashworld.com.au to register to play

Don't forget to keep your eye out for the WA Masters Squash News for any updates on upcoming Masters events via your email. Also, for further information on anything related to Masters, either visit the WA Masters website at www.wamasterssquash.com or contact via email at wamasterssquash@gmail.com

Hope to see everyone around the courts at ALL the Masters events this year.



**DON'T FORGET TO PROMOTE
WA MASTERS
TO YOUR SQUASH FRIENDS!**

*THE SOCIAL AND PHYSICAL BENEFITS AND
FUN OFFERED BY BELONGING ARE INVALUABLE.
AND YOU ONLY NEED TO BE 35 TO JOIN THE FUN!*

STATE



Top 5 JUNIOR RANKINGS

28 February 2023

NATIONAL



U11 Boys	U11 Grls		U11 Boys	U11 Grls
Lucas Curry	Teagan Scott	1	Benjamin Boardman	Elizabeth Wang
Leonard Bruce	Olivia Hibbs	2	Grayson Coleman	Riyo Kawabata
Ethan Skidmore	Jemi Martin	3	Lewis Matthews	Teagan Scott
		4	Wesley Correa	Matilda Lynn
		5	Kai Dumbleton	Abbey Boswell
U13 Boys	U13 Grls		U13 Boys	U13 Grls
Alexander Marsh	Vera Bruce	1	Henry Kross	Claudi Burger
Domenic Christou	Joey Scott	2	James Boswell	Olivia van Zon
Jacob Curry	Renee Tan	3	Kieran Willathgamuwa	Vera Bruce
Charlie Richardson	Carmela Christou	4	Thomas Wang	Jaida Wigley
Leo Van Straaten		5	Max Aitken	Nadia van Zon
U15 Boys	U15 Grls		U15 Boys	U15 Grls
Aiden Finlay-Mulligan	Jessica Jellis	1	Kasper Cheung	Sarbani Maitra
Eric Marsh	Jamie Nunn	2	Marcus Wang	Tina Ma
Andreas Christou	Holly Carver	3	Joel Roshan Raj	Amelia Brigden
Luke Jamieson Jr		4	Connor Haberecht	Maeghan Wang
Brendan Scott		5	Manaia Kara-Brown	Madison Nargar
U17 Boys	U17 Grls		U17 Boys	U17 Grls
Waldo Vorster	Hannah Slyth	1	Thomas Scott	Amelie Guziak
Alvaro Blackall	Isla Harris	2	Joshua Rahul Raj	Hannah Slyth
Jonathan Groenewald	Josie Jones	3	Aryan Madan	Lijana Sultana
Trigg Barrett-Lennard	Sydney Ennis	4	Haider Naqvi	Emmy Lamb
Declan Munro	Jasmin Legge	5	Jarrod Atkins	Katlyn Hall
U19 Boys	U19 Grls		U19 Boys	U19 Grls
Oscar Curtis	Erin Classen	1	Oscar Curtis	Madison Lyon
Dylan Classen	Caitlin Pratt	2	Harvey Allan	Erin Classen
Daniel Marsh	Megan Stockdale	3	Andre Lynn	Courtney Scholtz
Preston Munro		4	Dylan Classen	Shona Coxsedge
Hamish Melvin		5	Kenneth Lamb	Maggie Goodman
			ACTNSWNTQLD	SATASVICWA



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Secretary:	Katy Scott		
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Board Member:	Deb Hoffrichter		
Board Member:	Vacant		
Board Member:	Vacant		

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Committee Member:	Chris Farley		
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Our Vital Partners ... Thank You



Department of
Local Government, Sport
and Cultural Industries

